



**State of Delaware
Office of the Lt. Governor**

**For Immediate Release:
Wednesday June 18, 2008**

**Contact: Jill K. Morrison
(302) 577-8787
Sarah Bolado
(302) 739-4204**

LT. GOVERNOR'S CHALLENGE EVENT AT DOVER INTERNATIONAL SPEEDWAY

Dover-- Lt. Governor John C. Carney, Jr. hosted almost 700 Delawareans Tuesday evening for a victory lap at the Dover International Speedway. The free fun walk, which began at 6:00 p.m., was the 5th annual Lt. Governor's Challenge event held at Dover's Monster Mile.

"I can't think of a better place to have fun and get some physical activity than at a state landmark like Dover International Speedway," said Lt. Governor Carney. "That's what the Lt. Governor's Challenge is all about: staying healthy and having a good time with family and friends."

This year, the Lt. Governor's Challenge partnered with the DelaWELL Summer Challenge, a wellness program for state employees, to add a new dimension to the event.

"I'm happy to team up with the Lt. Governor's Challenge this year," said Jennifer "J.J." Davis, Director of the Office of Management and Budget. "We saw plenty of state employees and their families at the walk. This really is a fun and easy way for people to get moving on the path to better health!"

The Lt. Governor's Challenge, started by Carney in 2002, has helped more than 43,000 people make the commitment to improved physical health. Participants in the Challenge accumulate points by completing any of a wide variety of physical activities. After three months, they are awarded a gold, silver or bronze medal based on the number of points they earned. Participants use an official Lt. Governor's Challenge logbook to track their progress.

"We're very pleased to again play host to the Lt. Governor's Challenge here at Dover International Speedway," said Gary Camp, Director of Public Relations for Dover International Speedway. "The thousands of race fans that flock to Delaware for our two NASCAR event weekends would love the opportunity to experience the concrete oval and steep banking in person. This free, special event gives everyone a chance to get up close and personal with the Monster Mile."

For more information, please call Lt. Governor Carney's office at (302) 577-8787.